

Plain Talk About Childhood Immunizations

**the immune system and how vaccines
work**

[insert presenter info]

Immunizations

- Immune system is the body's defense mechanism against diseases
- Vaccines help immune system fight disease
- When you get an infection, the immune system produces antibodies.
- Antibodies fight the virus or bacteria and help you get over the illness.

Newborns: Immunity to disease from their moms!

- Only temporary
- We can protect children from many diseases by **immunizing** with vaccines

Vaccines

- Viruses and bacteria that cause disease are weakened then used to make the vaccines
- Vaccines “fool” the body into producing antibodies
- If exposed to disease in the future, child is protected!

LIVE

Inactivated

LIVE Vaccines

- “LIVE” vaccines are made from weakened forms of disease-causing viruses
- Extremely effective
- Usually life-long immunity following only one or two doses

“INACTIVATED” (killed) Vaccines

- Require multiple doses to build up immune response
- Some require booster doses throughout life
 - Tetanus
 - Meningitis

Haemophilus Influenza Type b (Hib)

- Once a leading cause of death
- Directly responsible for decreasing the incidence of Hib disease and Hib meningitis
- Decreased more than 95% since vaccine introduced

Why Immunize?

- VARICELLA - pneumonia, brain damage
 - 100 annual deaths
- POLIO - paralysis (eventually breathing)
- DIPHTHERIA - damage to heart muscle, breathing problems, paralysis
 - 1 in 10 die
- PERTUSSIS - “whooping cough”
 - 1 in 200 die, 1 in 400 suffer brain damage
- Tetanus – “lockjaw”, tightening of muscles
 - 1 to 2 in 10 die

Why Immunize?

● Hepatitis B

- Liver damage, liver cancer
- 4,000 –5 ,000 annual deaths

● MMR

- Measles - pneumonia, seizures, brain damage
- Mumps - deafness, meningitis
- Rubella (“German measles”) - miscarriage

Immunization Types

● Pneumococcal

- 200 annual deaths in children under age 5
- Bacterial meningitis, ear infections, blood infections

What would happen if we stopped vaccinations?

- Resurgence of infectious diseases that kill or harm
- Increased health care costs
- Increased doctor's visits
- Increased hospitalizations
- Increased premature deaths
- Parents lose time from work

**Regular checkups at
your pediatrician's
office or health clinic
are an important way
to keep children
healthy.**

IMMUNIZE ON TIME

TO

PROVIDE BEST AVAILABLE DEFENSE



**Let's look at your
handout on
Immunizations**

Childhood Immunizations

- DTaP: 2Mo, 4Mo, 6Mo, 15Mo, 4-6Y
- Adult Td: 14-16Y
- IPV: 2Mo, 4Mo, 12Mo, 4-6Y
- TB TEST (PPD): 15Mo
- MMR: 12Mo, 4-6Y
- Hepatitis B: BIRTH
- Hib: 4Mo, 15Mo
- Hib & Hep B (COMVAX): 2Mo, 6Mo
- Varicella: 18 Mo
- Pneumococcal(Prevnar)
 - Infancy to 2Y; 3 injections
 - 2Y-9Y; one injection

Important: Keep Your Child's Immunization Records

- Maintain a record for your child with the dates and names of the vaccines she or he received.
- You will need this information when your child enters pre-school, kindergarten, day care, summer camp, high-school, and college. It's also important to have this information for traveling.

Resources

- Army Community Services
- Expectant Parent Classes
- Child Development Center
- WIC



QUESTIONS???

Acknowledgements

- LTC Teresa Hall, Community Health Nurse, Directorate of Health Promotion and Wellness, US Army Center for Health Promotion and Preventive Medicine
- Infant Immunizations - Army Community Health Nursing, Fort Carson, Colorado